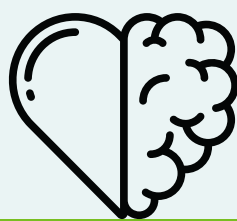


MENTAL HEALTH & SUBSTANCE USE



FIRST BREATH

Helps people who are pregnant, postpartum or a caregiver to a young child make positive changes to their tobacco, alcohol, and other substance use.

<https://survey.alchemer.com/s3/3945614/First-Breath-Screening-Survey>
608-251-1675 (texting is available)

WISCONSIN QUIT LINE

Helps people quit smoking, chewing tobacco and/or vaping and the program is free

Call 1-800-QUIT NOW or text "READY" to 200-400

*ask if you qualify for 8 weeks of nicotine patch, gum, or lozenge or a combination of patch + gum or patch + lozenge

NAMI

Offering support, providing education and raising community awareness on Mental Health Conditions.

Ozaukee County
Mequon
262-243-3627

Washington County
West Bend
262-339-1235

988 SUICIDE & CRISIS LIFELINE

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network
24/7

MOM'S MENTAL HEALTH INITIATIVE

Organization dedicated to helping moms navigate perinatal mood and anxiety disorders by sharing information, connecting them to resources and providing peer-driven support.

<https://momsmentalhealthmke.org/>
<https://www.facebook.com/mmhi.mke/>